



The Black and Green Word Machine

Welcome to the May 2012 edition...

Message from the Chair

At our most recent NOC committee meeting we were privileged to witness a 'Eureka moment' when discussing the next issue of the B&G. The idea that surfaced was a great one, for which I hasten to add I can claim no credit whatsoever. The notion was to solve an on-going conundrum by inviting guest-editors to produce future B&G issues, at least until someone finds they like the job so much they would like to take it on long term! Within a short space of time there was unanimous agreement that Jenny Evans should be the honoured candidate to receive the inaugural invitation and I am delighted to say she agreed and here we see the excellent result. Thank you Jenny for all of your efforts.

What a fantastic sport we all enjoy! As many of you know this year's JK was in Scotland and the first day of the 'main' competition was on Dunalastair near Loch Rannock in Tayside. Things got off to a promising start when we were parked on an elevated field with fine views over Schiehallion. The route to the start was a very pleasant walk of a couple of 'k' through the edge of the forest giving an intriguing foretaste of what was to come. The start itself was alongside a little burn and as sunlight filtered through the birch trees I felt it was really special to have the opportunity to enjoy the beautiful location. No camera could capture the moment in quite the right way, but hopefully the memory will. A short run to the 'start kite' and we were in the forest, navigating through some great wooded terrain that covered some intricate drumlin-like topography. (Geographers will no doubt correct me on my terminology). I remember thinking 'this is great so long as I keep in close contact with the map' while realising it had the potential to induce a nightmare loss of time if one lost contact and had to re-locate. Thank you Scotland for a really enjoyable day!

Well, we probably all have high expectations of Scottish areas but what a pleasure to return to a NOC event and enjoy some similarly beautiful terrain in the springtime at Thoresby. I am so glad we have had the opportunity to return to this area after 24 years. Open runnable forest that presented a good physical and mental challenge; on a day with a less than promising weather forecast a bonus was the sunlight filtering through the trees and the skylarks singing on the walk to the start. Thank you to all concerned for reviving our

association with this area and let us hope it can become a regular NOC fixture in future years.

Many congratulations to our NOC members who have recently been selected for national honours (GB, England & GB Universities); Richard Robinson, Jenny Evans, Hilary Palmer, Peter Hodgkinson, Anthony Squire & Nick Malbon – see the web pages for details. Good Luck!

That's more than enough of my blurb. If you would like to give editing the B&G 'a go' without committing long term then please let us know. Maybe you have new ideas for possible articles, or would like to try out a new format – we would very much appreciate hearing from you!

Tony Horsewill, NOC Chairman

Events roundup

The last few weeks have seen many of the major events of the year take place around the country. NOC was well represented at all and you can find out how they got on below.

BRITISH SPRINT AND MIDDLE CHAMPIONSHIPS

Until a couple of years ago the sprint and middle championships were held as different events for elite competitors and other runners, however recently the two events have been merged and to great effect. Despite not being as sunny as the 2011 event in Brighton, the University of York and Strensall common provided great areas for this year's event on the last weekend in March.

The sprint comprises of a qualifying round and then seeded finals depending on earlier results, thus rewarding consistent orienteering. The best NOC results on the day were Ant Squire 7th in the men's elite A final, Peter Hodgkinson 1st in the men's elite B final and Hilary Palmer 2nd in the W65 A final.

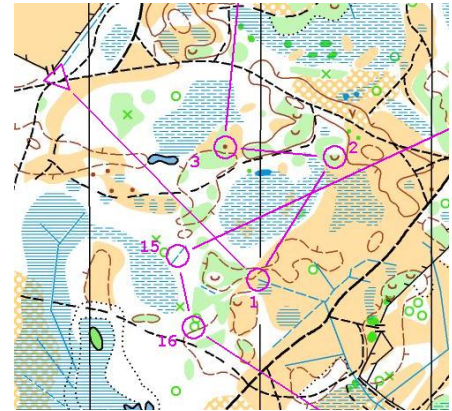


Despite this event being a national championship, the fields were quite a bit smaller than the next day at Strensall Common. Perhaps this is because some people still don't particularly embrace the idea of sprint racing with it being shorter and not in a traditional forest setting. However I don't think anyone would argue that in a good area like York it really does make for exciting racing, with the results

being a lot more unpredictable. For example both the winners of the senior elite classes had never won a senior national title before.

The next day was a middle race, probably welcomed by everyone as shorter than the usual classic distance! Strensall provided an unusual challenge. It was a unique area with vague vegetation changes and lots of small contours but was also very fast and thus meant that the smallest of lapses in concentration were punished.

However the lack of hills was probably beneficial to those from the East Midlands and NOC again had some good results in the shape of Peter Hodgkinson 3rd in M21E, Janet Evans 5th in W50, Hilary Palmer 2nd in W65 and Tom Cooley 4th in M10.



Overall it was a successful weekend in terms of the weather, NOC performances and enjoyable running. Hopefully NOC will be just as successful in two weeks time at the JK festival in central Scotland.

JK 2012

The JK festival of orienteering is so named because the event was first held in memory of the Swede Jan Kjellstrom who played a part in instigating orienteering in the UK. The JK is always held over Easter weekend and now includes a sprint race, a two part individual race and a relay.

This year there was only a small group of NOC competitors due to the fact the event was held in Perthshire, Scotland.

The first day, the sprint, showed that almost any type of area can be used for a sprint race, as a large Livingston housing estate proved a tricky area. However there was a general feeling that the elite courses were planned much more cunningly than the other age groups. A river through the centre of the area made route choice for everyone important and a small thicket filled hilly area near the end was a contrast to the housing blocks. The best NOC results were Peter Hodgkinson 8th in M21E, Jenny Evans 5th on W20E and Hilary Palmer 3rd on W65.

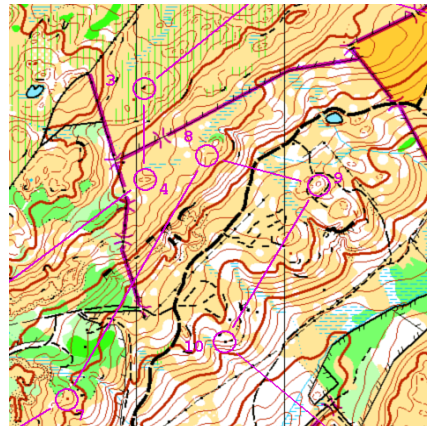
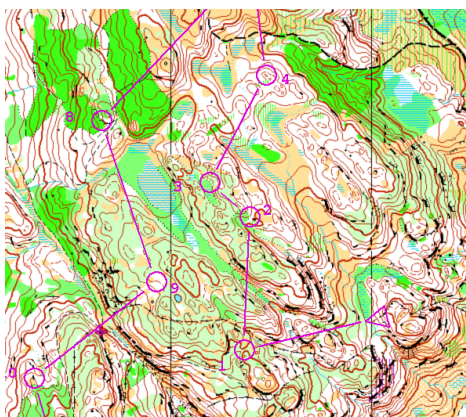
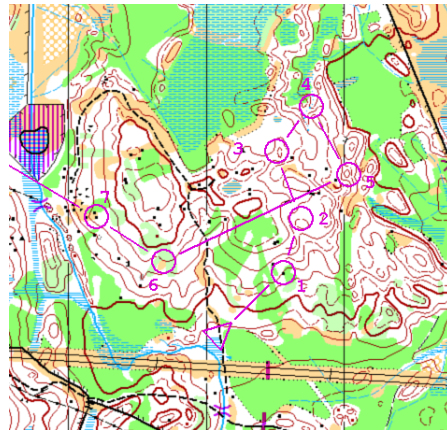
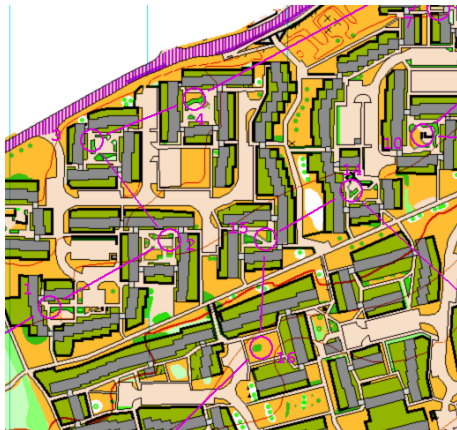
The next day was much further north at Dunalistair, quite near to Loch Rannoch. For the elites it was a middle distance race, and for everyone else a tough long distance on what proved to be a tricky and hilly, but quite runnable, area. Navigation needed to be exact as it was easy to stray offline and end up too high or too low. It indeed prevailed that many Scottish runners did well on the tough terrain however again NOC performed well with the

standout performance being Peter Hodgkinson placing 5th as a first year M21 on M21Elite. Ant Squire was 8th on the same class and Hilary Palmer 5th on W65L.

The final individual day again proved to be tough with extremely hilly courses on Craig a Barns. There were some long times as the thick forest made running and navigation tricky. Despite only deciding to run at the last minute, Peter came 8th on the day and thus 6th overall on M21E followed by Ant in 11th on the day and 9th overall. Hilary pulled up to 2nd overall.

The final day was the relays at Newtyle Hill, set in a lovely location with a natural amphitheatre making spectating particularly good. Despite only having a few relay teams NOC did not dissappoint with the mens open team producing the best result ever coming 4th on the JK trophy class. Well done to Richard, Ant and Peter.

Over all it was a successful weekend and hopefully next year will be even better. To be held in the Chiltern hills from 29th March – 1st April.



Interland 2012 – By Nick Malbon

With England not having lost the interland competition in eighteen years, coincidentally only being invited to the competition eighteen years ago, a big task lay ahead of the England orienteering team!

We set off for Belgium early on Friday 20th April, and arrived at the Bellhouse hotel on the outskirts of London in the early afternoon, where we met with the majority of other runners, and fellow NOC members Jenny Evans and Hilary Palmer. At half past one, the coach departed for Belgium, and within a few hours we had reached Dover, from where our ferry would depart at around six thirty. After boarding the ferry we made a quick dash to the restaurant to avoid the enormous queues, typically it took a few of us a while to find it... By the time we had finished eating, we were almost in Calais and boarded the coach for the final few hundred kilometer stretch to Bruges where we would stay the night.

We arrived at the youth hostel at ten o'clock Flemish time and were allocated rooms with fellow team members in the same age class, a good way to relive the stress of what lay ahead over the following weekend. After unpacking a few bits and bobs, we went to a team meeting where we were told about the plan of action for the weekend. After this we were issued our kit, a thrilling experience! After the team meeting we retired to our rooms and went to bed on our own accord, some staying up later than others...

We woke up at seven on Saturday morning, and we were treated to a delicious traditional continental breakfast, before making our packed lunches, grabbing our bags, boarding the bus and setting off for the training event in Citadelle de Montmedy. Half way through the journey at market town on the Belgium-French boarder for an hour where we split up into smaller groups. There many off us experienced our first Belgium waffle. After dragging a number of people away, from waffle stall, we made our way back to bus when out of nowhere, it began to rain. The bus was still at least half a mile away and we would need to use all of our orienteering skills to navigate our way through the narrow streets in the torrential rain back to the bus. Luckily we avoided getting too wet.

We arrived at the event early in the afternoon and jogged to the start. After passing through the turnstile down into a deep tunnel, there was not return. We made our way into the tunnel, down the long flight of steps and into the start box. The first few controls seemed tricky, navigating our way up down and through seemingly impossibly high walls, but they were nothing compared to what the rest of the course had to offer. As the courses progressed, they moved out away from the castle, through a steep forest and into a residential area. After a few controls, we moved back into the intricate castle and tunnels for the last half of the course.

After the race, we travelled to final nights accommodation, a sports hostel. Shortly after finding our rooms, we went for dinner. There we had a tasty meal of fish, potato, beef bourguignon, and fruit. However, we run out of water and the chefs knew little English. After standing in the door way to the kitchen being looked at as if I was lost, Joe and I remembered the French for water and thank you. Problem solved. After dinner we had a team meeting, of which myself and two unnamed comrades forgot about, but were hastily reminded!

After being briefed on our start times for the next day, we headed for our rooms and relaxed. Strangely we were undisturbed by the M14s after the meeting and wondered, why? As we soon we stepped out of our rooms, we immediately saw why...

After at least two hours and three nationalities, the coaches decided the only way to fix the mysterious broken lock was to call the building management team.

After waking up the next day, going to breakfast, we knew everything was okay as at breakfast, four innocent M14s were sat at the table across the hall.

We set off for the event shortly after eating breakfast, and arrived what seemed almost instantly. Members of the team had little time to check the run in and the last control and chat before they went off on their run, and swiftly arriving back.

After finishing my run, I could see why the area had been chosen for Interland. Beautiful Flemish woodland, combined with intricate contour shrubbery detail. Whilst waiting for the prize giving, it was obvious that in the back of everyone's mind, eighteen years of hard work rested on these results.

First came the individual results, and it was obvious Hilary Palmer of NOC had had an awe inspiring run coming home in second place a mere four and a half minutes behind the winner and forty three seconds behind second place. Not to be outdone, Jenny Evans came home in fourth on a very demanding W20 course. Well done Hilary and Jenny!

Everybody went quiet, the moment everybody had been waiting for. Thankfully, all of our hopes were fulfilled, and England had come away with three trophies and numerous medals!

The atmosphere on the way back was ecstatic, and the journey seemed to be over in no time and once again we arrived back at the Bellhouse hotel and were soon on the way home.

Well done to all the team members, especially Rich, Hilary and Jenny.

A big thank you must also go out to Rich and Hilary who gave myself along with two other team members a lift to the Bellhouse hotel.

Interland 2012 – By Jenny Evans

Having not represented England since 2008 it was exciting to again be picked to run at the Interland competition in Belgium at the end of April. NOC was represented by Hilary Palmer, Richard Robinson, Nick Malbon and myself and there were also a further two runners from the East Midlands. The event is a team event through all the age groups, with England competing against two Belgian teams, the Dutch, north west Germany and also a team from the north of France.

This year the event was held in Habay La Neuve in southern Belgium, but we were also lucky to run in France, at Montmedy, on the Saturday. Saturdays event was a middle distance race and was probably one of the most unique events that most of the team had run. The focus of the map was a citadelle (fortress) perched high above the town. It was characterised by extremely high un-crossable walls, moats and underground tunnels. The longest tunnel was 120m long and torches, as the organisers had recommended, would have been extremely useful. The tunnels were confusing as it was quite hard to tell exactly where they would emerge. Many French tourists in the narrow passages added to the atmosphere of the event.

The next day was the main event on the Habay map, which has previously been used for world cup races. It was similar to southern English forests in its rolling and runnable nature, and with English weather to match. Despite the rain the England team won the trophy for the nineteenth year in a row. Hilary Palmer came third on her class whilst Jenny also counted towards the England teams overall score.

It is a brilliant competition as it provides an opportunity to race abroad against international competition and to meet other orienteers from home and abroad, and so I would like to thank NOC for supporting me and enabling me to go on this trip.

Other Club News

New Member Makes TV Debut... aged 4.5months!

At the Thieves Wood event on 12th February we were joined by a TV crew from sky sports, who were filming for a short piece about orienteering. Our youngest new member, George Powell, and mum Emily featured (as seen here), before George did the white course.





Sunday 16th June: DVO's Peak District Footpath Relay.

A 10 leg relay along Derbyshire's footpaths starting and finishing at Carsington Water. Leg lengths vary between 3.3 miles and 10 miles. Let me know if you're interested by 8th May as the closing date is 11th May. I will give out route details if we manage to raise a team. Some further details from the organiser below:

On Leg 1 and Leg 6 (around Carsington Water) a team will be allowed to split the leg between two runners. This is to allow two Juniors, say, or two Oldies to run a leg that will be only 3.3 miles (instead of 6.6 miles). Any person under the age of 17 can only run on Legs 1 and 6 (no roads to cross) as we have to comply with the BOF Insurance policy.

Leg 1 will start at 0930 from the Sheepwash car park and Leg 6 will have a Mass start from the same place as soon as the first runner comes in on Leg 5. (Legs 6-10 will be the reverse routes of Legs 1-5).


Saturday/Sunday 30th June - 1st July: BAOC Harvester Relay at Bordon Heath, Aldershot, Hampshire

A 7-leg or 5-leg overnight relay starting at 11pm or 3am and finishing at ~8am! This is a challenging night orienteering relay but there are dawn and day legs too. Please let me know if you're interested by 1st June as the middle closing date is 4th June. For further details see: <http://www.baoc.org.uk>

IF YOU ARE INTERESTED IN EITHER OF THESE EVENTS THEN CONTACT ANDY POWELL

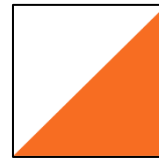
International Selections

 Peter Hodgkinson has been selected to represent GBR at the World University Championships in Alicante, Spain in July.

 Richard Robinson and Ant Squire have been selected to represent GBR at the European Orienteering Championships in Dalarna, Sweden in May.



COACHING ZONE



Coach - to be or not to be!

Have you ever considered becoming a coach, however fleetingly and then put it aside, for various reasons? Well, briefly, here is my story.

I am not the most sporting of people, or so I was lead to believe when I was at school. I was not a fast runner, I could hurdle, but failed miserably at the last sprint, I could complete the 800m but was usually the 7th out of eight runners. My tennis racquet seemed to develop large holes and in hockey I played right or left back.....usually in the changing rooms!

I trained as a primary teacher and dreaded having to teach PE, as we had had little training in the subject, so we learnt on the job or were sent on training courses from school and this is where my first introduction to orienteering began.

About ten or more years ago I was sent on a course that was called TOPS Outdoors, run by Hilary Palmer and Pauline Olivant. I really enjoyed it. I was fascinated by maps, had a reasonable sense of direction and loved working outdoors. Both Pauline and Hilary were very encouraging and when I took what I had learnt, along with a wonderful handbook, back to school and introduced it into my PE lessons, the kids loved it. I then spotted, in the same LEA handbook, the old level one coaching course and the head teacher agreed to send me on it. I met up with Pauline again and with her encouragement the whole thing began to snowball and before I knew it, I was attending events, not that regularly admittedly, and before long, found myself at Hagg Farm with Bill Hanley, on the old level two course. I was a little over awed by the other candidates as they were very experienced, young (I was, by now, in my early 40s) and fit orienteers and in a moment of worry and doubt, expressed my concerns to Bill. He was lovely and explained to me, that despite my lack of experience and fitness in comparison to the others, I had my own strengths to offer and I had as much value to the sport as they did. So here I am, about 10 years later, a (new) level two coach and the coaching rep on the NOC committee!

I have now left teaching and work for the Forestry Commission as a Learning Ranger, so I can indulge myself a little with orienteering :-)) and it is, in part, due to this sport, that I am now in the role I have.

So, if you have ever thought about training as a coach, however fleetingly, and this has sparked your interest, get in touch with me through the website, or catch me, Pauline, Hilary or Catherine at an event (ask at registration/download if you don't know who we are!) You don't need to be super fit, super knowledgeable, have a teaching or coaching background or be a long established orienteer, you just need to

have an enthusiasm for the sport and are able to communicate that to people new to the sport.

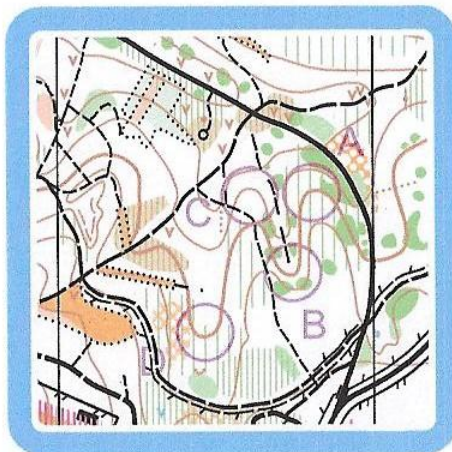
Andif you are a former coach, go on, think again.....your club needs you!!!

Lindsey Brown
NOC Coaching Rep.

Focus on...

Hills, Spurs and Reentrants

- Can you recognise what is 'up' and what is 'down'?
- What do these pictorial descriptions represent? ☞, ☞, ☞, ☺, ☞ and ☞
- Have a look at this map extract: are the controls in re-entrants (small valleys) or on spurs?



If you would like to practise recognising contour shapes and using your compass come along to the NOC coaching session at Bestwood on Saturday 12th May. For details of parking, times, where to find me (and the exercises!) phone or email Hilary Palmer.

Tel: 0115 9820651 Email: hjpalmer@ntlworld.com

Free to NOC members; designed for those who do Orange courses or harder

Scooteering - a brand new sport launches in Bramcote

How can we encourage more children and families to try orienteering? It's a 'chicken and egg' situation? Families often don't realise that orientteering is a fun activity that would suit them because they'd never done it before. So, our novel solution to this problem is to launch a new activity - a combination of Scootering and Orienteering = Scooteering.

Everyone knows what a scooter is and many kids enjoy riding them - so we hope this becomes a winning combination to attract new families. Broxtowe Sports Develeopment are working with us, promoting Scooteering in primary schools in the Bramcote area. We will be launching the first Scooteering session in Bramcote park at one of the Thursday evening community O sessions. Watch out for announcements on the NOC website and Facebook [have you joined our Facebook group yet?] and the official flyer will be circulated soon.

On a personal note, if you're wondering what the modern scooter is like to ride - I'd never scootered before but in the course of preparing the risk assessment I quickly learnt how to use one and discovered with fellow coach Lindsey that it was good fun to do on the white course at Holmepierrepont. If you think it sounds like fun and would like to help me promote this, I would be very grateful for help and I also have access to a supply of scooters we can borrow - if you would like to try it out....

Catherine Hughes



Club training nights

As part of the Community Orienteering programme a **new club night** is being launched at **Rushcliffe Country Park** Tuesday from the **8th May**.

The club now have 4 local weekly club nights accessible to most of our members in Nottinghamshire. They provide not only opportunities for newcomers to come and have a go, but training nights for existing members.

Why not come along and see what they are doing, the coaches are happy to discuss what you would like to do on club night, it may be practising skills, having a run with a map, they are all happy to work with you to help you improve your orienteering and give you a chance to orienteer mid week.

If you would be interested in attending any of the club nights contact the local coach to discuss further. Everyone is welcome.

Tuesdays

West Notts Orienteers, Berry Hill Park at present, contact Gary Peet
gary.peet@ntlworld.com Tel 07955183701

Rushcliffe Orienteers, Rushcliffe Country Park, contact Hilary Palmer, ro@noc-uk.org Tel 0115 9820651

Wednesdays

Bassetlaw Orienteers, During the summer will be in various forests in the Bassetlaw area, Contact Robert Parkinson bdo@noc-uk.org Tel 01777 871762

Thursdays

Bramcote Community Orienteering Club, Bramcote Park, Contact Catherine Hughes
volun_coord@noc-uk.org Tel 07940 575758

The long wait is over – it's here at last:

******* 2012 *******

NOC Summer League

The NOC summer league is fast approaching with the first event on the 13th May.

The fixtures are as follows:

13th May – Burntstump Country Park
1st July – Rufford Country Park
15th July – Colwick Park
29th July – Wollaton Park
19th August – Rushcliffe Country Park
23rd September – Brierley Country Park

What better way to enjoy the English summer?!...

(see NOC website for full details)

Also this year the summer league will be incorporating the Summer league Collector Card. This is a new reward card for summer league, these will be available at the first summer league event. You will need to get your collector card stamped at each event you attend and can get the following rewards:

- 3 complete runs at different events earns a free summer or winter league entry
- 5 complete runs earns a certificate
- 6 complete runs earns a medal

Points will also be gained towards the overall Summer league champions .
(See Pauline Olivand for more details)

Other Events News

At the time of going to press we are anticipating this weekends British Championships, to be held at Eskdale and Kendal in Cumbria. Good luck to all NOC members competing in the individual and relay competition.



The **8th July is also the Nottingham City Race**. This always has a great atmosphere and so if you have not tried urban racing before, why not come and try it in your local area?!

The event is being organised by Mick Lucking and will hopefully have the brilliant carnival atmosphere in market square as in past year.

As ever, extra help is always necessary so contact your relevant team leader (or Mick) if you are willing to lend a few hours of your time on the day.



AND FINALLY Nick Malbon will be the guest editor of the next issue of the newsletter, so if you have just missed out on the deadline for this issue with that masterpiece of a story? Then Nick is the man to get in contact with. His email is nicmallybon@aol.co.uk